

THE MASSEUR

STEAM BATH

American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

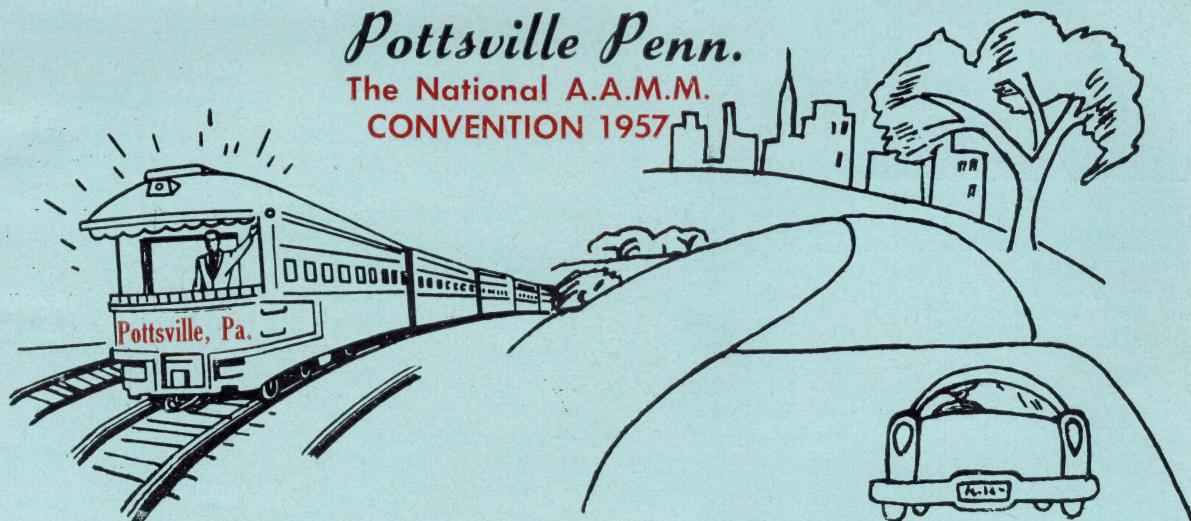
MAY - JUNE, 1957

DECATUR, ILLINOIS

Penn. Chapter Host for 1957 Conventions

Pottsville Penn.

The National A.A.M.M.
CONVENTION 1957



NATIONAL CONVENTION NEWS

If your grip is packed to travel you had better be scratching gravel for the blue ridges in Pennsylvania. Then be prepared for one of the most glorious times in your life. The Penn. Chapter is preparing a wonderful program for all of us. They are sending out a letter to all the members with the completed program in it.

Blandie Jones says everything is shaping up fine and from there it looks terrific. He is burning a lot of midnight oil but says he feels like it will pay dividends and knows that is what it takes to make a good convention a success.

MEMBERS, GUESTS AND EXHIBITORS

Make your plans now to attend the Twelfth Annual National Convention of the American Association Masseurs and Masseuses at Pottsville, Pennsylvania, August 8, 9, 10, and 11.

The heart of the Coal Region! John Potts the founder of Pottsville in 1806.

The headquarters for the convention is the Necho Allen Hotel. Necho Allen was the founder of Anthracite Coal in 1890.

Registration fee is \$15.00. Make your registrations early. Deadline date for advertising in the souven-

(Continued on Page 2)

To Use Local Scenes for Movie on O'Hara's Novel

Spencer Tracy will star in "10 North Frederick," the film adaptation of Pottsville native John O'Hara's best selling novel.

20th Century Fox company is now trying to sign Katherine Hepburn as co-star. The show will be produced by Charles Brackett and Buddy Adler.

Local street, church and building scenes, which might be used in the movie were photographed by John Smith, Pottsville commercial photographer. Smith has just returned from Los Angeles where he was the guest of 20th

(Continued on Page 3)

THE MASSEUR

Bimonthly publication of the American Association of Masseurs and Masseuses.

Published in Decatur, Illinois
Charles W. Brooks, Editor
3111 N. WATER ST.



D. S. CARLSON,

PRESIDENT'S MESSAGE

It is no small victory that a man wins if he can stand amid ruins of a dream, or a home, or a business, or a civilization, and say, "Even so, I have my hand on something that remains." Early in the late war we heard a good deal about the Norwegian seaport of Narvik. It was seized by the Germans, bombarded by the British, bombed again and again by planes. One day the mayor of the city, surrounded by newspaper men, stood in the midst of the wreckage. Glancing first at the desolation that lay about him and then at the snow-clad peaks that looked serenely down from the heights, he uttered these simple words: "The mountains are still ours." That is wisdom of a great soul. It is discerning faith that sees beyond the fleeting shadow to the abiding substance, beyond things shaken to things that are unshakable.

Maybe our old order of things, or should I say confused order of things in our profession need some shaking. Not every thing

that is happening is what we would like to happen. But nothing that is happening is wholly removed from what may be best. Maybe it has its purpose? Maybe we need a shaking to uncover the things that can never be shaken. The true principles and concepts of our profession can never be shaken. Do we have the grit to face facts when the old order of things are shaken loose? Some of us are so afraid of changes that we run from them. We take the foolish position that the old way whatever it is, is always good enough. Some of us on the other hand try to make the best of changes that are forced upon us, but we do so with the thought that when the crisis is past we will promptly return to the "good old days." It is a vain thing to dream of going back to the same old way.

Out of these shakings we may be sure will come a changed order of things. Men and systems have their way in setting up a new order, but if unjust it will last for awhile and then collapse.

Justice is more enduring than cunning and craftiness. Decency outlives indecency. Cooperative good will yields more permanent dividends than ruthless competition. We need not only have the grit that faces facts but also the grip that holds tenaciously to the things that are unshaken and unshakable. The disappearance or destruction of some things should throw into bolder relief the things that are indestructable.

"I know that right is right,
That it is not good to lie;
That love is better than spite,
And a neighbor than a spy;

I know that passion needs
The leash of a sober mind;
I know that generous deeds
Some sure reward will find;

In the darkest night of the year,
When the stars have all gone
out,

That courage is better than
fear,
That faith is truer than doubt;
And fierce though the fiends
may fight,
And long the angels hide,
I know that Truth and Right
Have the universe on their side.

(Continued from page 1)

ir program booklet is June 15, 1957. So—State Chapters, Members and Exhibitors be sure to get your advertising in the official booklet.

Make plans to attend and hear the many interesting lectures, demonstrations and exhibits. Enjoy the educational trips, entertainment, dancing banquet and the Anthracite breakfast!

The outstanding speaker at the banquet will be Honorable Mayor Donald V. Hock, of Allentown, Pennsylvania.

The director is doing his best to make this one of the outstanding conventions in the history of A.A.M.M. Let's all contribute and make plans to attend.

Send your registrations and advertising checks to:

Blanford Jones
Chr. and Program Dir.
310 S. Centre Street
Pottsville, Penna.

PACIFIC NORTHWEST CONVENTION

Plans are well under way in Kennewick, Washington for their Northwest convention. (5 state) June 7, 8, and 9th. Being held at the New Kennewick Social Club building with a capacity for twelve hundred guests. Most beautiful in the Northwest. An invitation is extended to all AAMM members to attend. Good entertainment, banquets, breakfasts and buffet supper around a swimming pool. Music and dancing. All for the registration fee of \$10.00 per person. They have lined up speakers and demonstrations to fit this fine occasion.

Malpractice Insurance New Available to All Members of A.A.M.M.

Through the efforts of your Insurance Chairman and the great co-operation of John Hardie of the Nettleship Insurance Co., 1212 Wilshire Blvd., Los Angeles, malpractice insurance is now available to all members of the A.A.M.M. at a rate that will save our members more than the initiation fees and dues charged by our association.

This should be a great incentive for non members to join with us.

Should there be few losses in the ranks of our members who do physical therapy and as soon as the insurance company has statistics to go by, it is possible for these rates to be lowered.

All interested members are requested to write direct to The Nettleship Co., 1212 Wilshire Blvd., Los Angeles, Calif., % Mr. John Hardie.

Lets make our new directory work. When we know that one of our patients are going on a trip. Let us all look in the directory and refer him to one of our members in the locality he is going, or on the route that he may travel. One patient could mean a lot to our members and if we all make our directory work we all will receive more than one patient.

(Continued from Page 1)

Century Fox and toured their movie-making facilities.

Smith photographed N. George, W. Market and Mahantongo St. scenes in addition to Trinity Episcopal Church for the film company.

There is a possibility that some scenes of the movie may be photographed in Pottsville. If local street scenes and buildings can be photographed in Hollywood it will be done there. If not, the company will send camera crews and technicians here.

The Policy of the National American Association of Masseurs and Masseuses

The purpose and aim of the association has many functions. It is the duties of the Officers, the directors, the committee chairmen, the various State Chapters and the membership itself to work and cooperate with each other and all other healing professions to alleviate the sufferings of mankind.

In the latest issue of the Masseur, it dealt with the professional ethics, that its members should adhere to. May I say here, that the Masseur has been a source of information and guidance to the membership, therefore assist and aid our editor-in-chief in the publication of the best things in our chosen profession. If we expect to grow, we must work. One of the National educators once said "Education is the ability to do hard work." I realize the organization is in it's infancy, but remember the story of the Acorn and the mighty Oak. We recognize our own limitations, but at the same time, we must do our best to uphold our profession and relieve the human suffering of mankind.

From time to time to evaluate the policy of the National Organization as to the growth of its membership, its professional ethics, service rendered, interest it's members manifest as to their helpfulness of their vocation and the expansion and growth of the National Organization, encourage state meetings, for the accumulation of knowledge through the exchange of practices and ideas. The report of the state chapter's usefulness is a measuring stick by which we can measure the activity of the membership and chapters. Personal contact through state chapters, individual hints and suggestions, analysis check studies, cross comparison, devel-

opment and research in technical training, accumulation of knowledge, through the various information available.

In conclusion, from my point of view, the policy of the organization is to work and cooperate with its members and state chapters, usefulness in relation to human suffering, respect and recognize every member's capability and the betterment for being more tolerant.

Action, work and sincerity will always measure up personally and financially.

Statement of Policy of the American Association of Masseurs and Masseuses

1. It is the purpose and aim of the A.A.M.M. and its members to work with and cooperate with, all other healing professions amicably, but to be sub-servant to none.

2. The A.A.M.M. and its members recognizes its own limitations, but in the same token is fully aware of its wide field of usefulness in relation to most bodily infirmities.

3. The A.A.M.M. and its members will recognize and respect all ethical practitioners, and will comply and follow prescriptions sent with referred cases, unless otherwise arranged or modified with the consent of both parties.

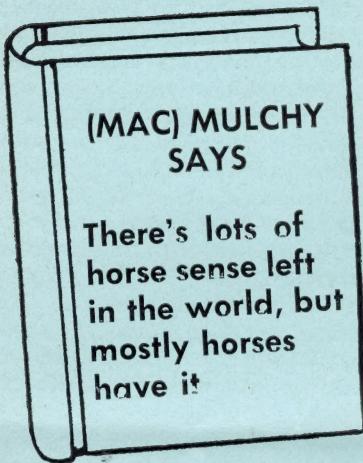
4. The A.A.M.M. and its members reserve the right to accept patients for treatment without prescription, within the full scope of its possibilities, not conflicting with state laws.

Talk given by Arthur D. Melson Secy.-Treas., American Assn. Masseurs and Masseuses at the quad states meeting held in Rock Island, Ill., April 6, 7, 1957.

READ THIS

The only way we can keep our organization solvent is to keep it out of debt. If you owe your state chapter or national secretary any moneys please pay them. This is important and your cooperation will be greatly appreciated.

SALVATORE R. MELSON



MASSAGE DEFINED

If a movement is not applied by alternate pressure and release it is not massage. A single thrust or blow is not a massage movement and should not be used by a massage operator. Rubbing is a very minor and seldom used movement and one that is never used by a operator of advanced massage. Since any movement that lets the hands slip or rub on the skin is the greatest sin a operator can do against his profession (we guard ourselves for using this movement in advanced massage).

Massage movements are properly described and classified as follows. Joint movements are the most useful and difficult movements of massage. They require an intimate knowledge of the joint structure as well as to the nerves and muscles involved by moving each said joint. Compression movements are of value for arterial conditions but (not a major move) since joint movements are too major. A thorough knowledge must be had of all joints especially the spine from the atlas to the coccyx and the nerve system of the same.

To obtain the required knowledge of the body and the proper contact and technique to apply and use for the removal of the cause of disease takes not months of study but years so we as masseurs

must look ahead to a high standard of education before becoming a skillful operator.

All we need to be a progressive operator is being properly taught and trained by a college of high standard then a nice massage table and our two big hands. I can't go along with any one on various modalities or colonic equipment being any part of a masseurs equipment in a private office unless he takes his patients direct from the doctor and uses such equipment on when and as the doctor prescribes it. I don't know about all operators but for me all my patient's come direct to me and not from any other doctor. So I get splendid results with the straight movements of manipulation by hand only.

I am of the opinion if we all used our 2 big hands only our results would be better and would not have so much money invested in equipment which truly by law we are not really supposed to use as a massure and our profession would come to the front by leaps and bounds.

We have spent time at conventions in the past trying to come to some emblems to sew on our sleeves also some proper title to call ourselves by, when after all we need nothing on our sleeves and we have only one title we can properly and lawfully use and also the only one we should want to use that is Masseur or Massuse and if we are as proud of our profession as we should be we should not want to find any additional titles to use so let's all study hard and try to decide to elevate our standards and practice our work as we should and before long we should be going to the top in the drugless field.

Yours as ever,
C. E. Siebert.

COULD IT BE DIET?

African Negroes have arteries that, at the age of 60 or 70, are like those of young white people,

while an older white person's arteries are "choked and wearied" according to an article in the New York Times for July 22, 1956. A study is being made among long-term African convicts to determine why this is true. It is also true that, although Negro and white babies have the same bloodfat levels at birth, white men in general have much more cholesterol in their blood than Negroes later in life. Could it be diet? It could be that the African Negro has by inheritance wider arteries than the white man.

Is a mother's poor diet before her baby's birth possibly responsible for leukemia in the Child?

Notice to All National Officers and Directors —National Committees

The President will meet with the National Officers and Directors August 7th from 2 p.m. to 4 p.m. and with the National Committees from 7 p.m. to 9 p.m. on the same day. It is important that all the above arrive a day early for these meetings.

Fraternally yours,
Arthur D. Melson,
Sec'y-Treas.
National A.A.M.M.

CORTISONE CAN CAUSE DEATH, INSANITY, ULCERS

Los Angeles.—The deaths of five arthritis patients, two cases of nervous collapse and peptic ulcers, today blamed on the "wonder drug" cortisone by a University of California rheumatic disease specialist.

Dr. Melvin H. Levin recalled two cases where the patients had died as a direct result of the effects of cortisone. One of the patients developed insomnia and the other T.B.

Cortisone is the replacement for the usual secretion of the adrenal

5
1471
1471

glands. These secretions are necessary to fight sudden stresses. The adrenal gland is the gland you depend on in an emergency. The great danger is that a patient who has been on cortisone will not be able to respond to a trying ordeal of surgery.

Dr. Levin said three other of the deaths came as a result of changes in the blood vessels and in the kidneys.

KENTUCKY

Held their monthly meeting in Providence, Ky., March 17, 1957.

After a delicious dinner which everyone enjoyed we held our meeting at Delbert Vincent home. The meeting was called to order at 2:30 p.m. by Vice Pres. Delbert Vincent—4 members and 2 guests present.

The minutes were read of the previous meeting and a Treasurer report was given. Delbert Vincent made a motion to except the minutes and treasurer report as read, second by Marion Simmons, motion carried. A letter was read from Henry Caven wanting to know the requirements for becoming a member of A.A.M.M.

A motion was made by C. E. Seibert for the secretary to write Mr. Caven and give him all the necessary information to become a member of the A.A.M.M.

Motion was made by Mary E. Simmons that we have our next meeting April 28 at their home in Livermore, and have a fish fry and a picnic. Seconded by Marion Simmons.

There being no further business the meeting adjourned at 4:00.

Mary E. Simmons,
Secy.-Treas.

NORTH DAKOTA

This chapter had its regular meeting April 13 presided by the president Leonard Neels. Minutes were read and approved.

Discussion was held on the various problems we had at the last legislature after passing the sen-

ate with out any dissenting votes against and being postponed in the house committee. No opposition from the Medical or Chiropractors. Committee appointed for program for the annual meeting in June. To be held at Floyd Lake June 22. Meeting to start at 10 o'clock. Dutch lunch will be served. Mrs. Gustafson and Mr. M. T. Bakke were appointed committee for this affair.

Samuel Dahlgren, Secy.

PHYSICAL AGENTS

Essentials Imperative to Clinical Application

By Kenneth Phillips, M.D.
F.A.C.P.

Physical Agents Applicable to General Practice

Transposed into therapeutics, and streamlined to practical value, the general clinician can definitely benefit by use of Light Therapy, Electrotherapy, Galvanic application, Hydro and Mechanical Therapy, and Ultrasonics.

Ultrasonics—Today's Magic

Why do I lead with the least well known physical energy of all? Because of a unique experience and a broad survey combined, that has revealed basic information from which the clinician in the field can orient himself properly from confusion. Whether or not he wishes to adopt this energy, may well depend on such clarification. In my opinion, it offers him the most applicable single agent in the entire physical field. Some unavoidable detail must be given this subject in order to present it clearly. Compensatory space conservation will be deducted from some of the other better understood physical agents.

No logical mind, who has kept abreast of the lay press and television, to say nothing of scientific literature including industry, dentistry, veterinary medicine, biology, and public health can deny that this fabulous ultrasonic energy has taken the public atten-

tion by storm. The contrary historical repetitious cry of the orthodox doctors of medicine, still so cloaked in their Galenic and Hippocratic mental garbs, that this is only "another fad" demonstrates, in the case of ultrasound energy, an expose of their egotism and laziness. They have neglected availing themselves of the scientific truth. General Practitioners (if interested in keeping abreast of current therapeutic advances) in my opinion, had better "get religion quick" before the well informed public on this subject makes it embarrassing to them.

I have no criticism whatsoever of the logical caution of the medical profession which has guided the public safety through these centuries of new developments of all our therapeutic measures. During military service, I was closely associated with antibiotic pioneering and observed the stiff necks from lateral rotation of the heads of "Doubting Thomases" even though the clinical experiments were magnificently controlled. What about these today? In physical medicine, ultrasound energy today is occupying that same position, and the evidence is undeniable that the majority of obstructionists to its progress are those unarmed of clinical facts. Meanwhile, the public is reading and learning of it from all directions, and recently are showing signs of confounding their uninformed physicians with a demand for its use. Physiatrists are again excluded from this category, but they only represent first, a mere handful of the total physicians treating disease, and secondly, the majority of them are buried in institutions and not out in public practice. In practical perspective, they are consultants, not practitioners. Orthopedists in whose field this ultrasound offers so much promise, have pitifully lagged in their thorough study of the subject and have been (as a group) the loudest in vociferous opposition, with the net result that

doctors of Podiatry have taken over as leaders in ultrasound application in some of these conditions. Now the orthodox are screaming at the manufacturers and verbally indicting them as quacks for selling machines to these people which the regulars refused to adopt. Meanwhile, my survey shows an increasingly satisfied public toward ultrasound and those administering it, together with an anorexia toward the present system of organized medicine's public relations attitude upon which we have been placing so much emphasis and money in recent years.

Here are some facts which should be helpful to the uninitiated in ultrasound therapy in arriving at their conclusions.

1. In two departments under my direction, where the monthly average of treatments with physical agents are near 4,200, we have in the past five years administered over 50,000 ultrasound treatments. 2. In collaboration with four of my colleagues in Florida over the past two years, the total elevates (as of January, 1956) to 92,000. A summary and detail of this study is available from a published report Jour. Fla. Med. Assoc. October, 1956.

3. For the practical benefit of the general clinician, this experience reveals the following: (a) Ultrasound is gradually, but certainly replacing several of the older agents used in treatment. Two years ago, the ratio of orders coming into our department from physicians specifying ultrasound compared to other conventional modalities was 1:15. In December, 1956 that ratio reversed itself to 3:1 in favor of ultrasound, and the predominating modalities migrating to the corner for collection of cobwebs are Infra Red, Shortwave and Iontophoresis. (b) If urban physicians are catching on that rapidly, then rural general practitioners had better awaken.

4. Ultrasonic energy is safe (not dangerous) if used by people who

understand fundamentals and these do not present a spectre of impractical study. Untoward reactions (in our series) of any kind have been so infinite, that by comparison to administering simple aspirin, ultrasound would not even qualify for the race.

5. The field clinicians must be saddled with enough knowledge to choose a proper unit, for unfortunately, there are both good and inferior instruments on the market. Since he must avail himself of this much knowledge in order to decide between a Fiat and Cadillac for his transportation, this equipment knowledge should not be considered overbearing for treatment of the sick.

6. Technical application need not present a phobia. The practical trained technician discussed in my previous article, can assume this position elegantly because seldom has the biophysicist, in producing an equally potential energy, spent so much effort in simplifying technical application and safety.

Therefore, already well illuminated upon the future therapeutic horizon for the general practitioner is a single physical agent with which he can, undoubtedly, enhance his treatment regimen, namely, ultrasound. Brevity is compulsory for the balance of discussion of the older and well established physical agents.

Light Therapy

For the general practitioner he need concern himself only with Infra Red and Ultraviolet. If I were a neophyte, I would hesitate instituting Infra Red unless possibly as an adjunct in the ordinary run of naso-sinus and ear canal maladies. My opinion is that ultrasound soon will chase it off the map.

Ultraviolet, contrawise, has a place. For the general practitioner I believe he can forget the technicalities of wave length (therapeutically) and institute one instrument in the range of the familiar "cold quartz." If he will now grasp some established fund-

amentals, he can proceed with efficiency. First, Ultraviolet ray is truly radiation. In addition to its visible action on the skin, there are biological effects of importance. Cell counts, calcium mobilization, carbohydrate metabolism, and other biological changes are effected by it. In the cold quartz zone, localization applicators are available for treatment of orifices (oral, nasal, etc.) and a tremendous value is offered in scores of conditions including acute upper respiratory infections over conventional measures alone.

If the physician will just review some of the literature portraying another important fact, he will find himself gloriously compensated in his clinical results with ultraviolet. This fact is that pathological tissue (such as indolent ulcers, granulomas, fungus infections, etc.) can receive and do require from 4 to 9 times the skin erythema dose to the lesion treated. Before the last war a few reports, including Knapp of Minneapolis, featured this in Erysipelas. During the heat of the war and while in the South Pacific areas, I co-authored a second report on this dosage. It is next to pitiful to observe how unrecognized these researches ended. The scores of these indolent, non responsive conditions daily facing general practitioners that could be turned into gratifying cures by ultraviolet, properly used, are astounding. He must, however, comprehend one principle thoroughly, namely to spot the treatment to the pathological tissue and filter all normal tissue from the exposure. Since this requires only a paper napkin, plus horse sense, it cannot be considered an obstacle.

In this connection there is available a foolproof convenience and in the same modality an additional diagnostic feature tremendously valuable to the general practitioner. The Birtcher Company devised a "spot unit" ideally adapted for this type of treatment, but also provided with a Woods filter

STEAM BATH

(Black Light) accessory which aids in diagnosis of ringworm, trichophyton, etc. This should be a boon to the G.P. continually encountering these and similar types of skin problems. Ultraviolet in proper dosage is deadly to fungus and molds. This lends its value to external ear invasions, athlete's foot, etc. In the latter, do not forget also to irradiate the shoes.

Electrotherapy

In the low voltage field, technical nerve-muscle testing electromyography and other like complicated procedures should be left to the specialist. However, muscle-nerve stimulation and motor pointing follow cerebrovascular accidents, injuries, and Bell's Palsy which leave residual paralyses, is not complicated and is of great value. Switching in the same unit from contractile to galvanic current, the general practitioner may develop a broad enhancement to routine therapy in low back distress, fibrosis and painful scars, myofibrosis, and by adding histamine in 1% ointment for he can launch electrophoresis when he desires vascular dilatation of great value. He should further realize the value of copper ionization in fungus infections, endocervicitis, as well as zinc, and Iodine or Sodium Salicylate in bursitis and other conditions. All these are available to him, and without abundance of study to comprehend.

Diathermy, a term so commonly used, but originated under long wave high voltage application, is now universally replaced with short wave or induction types of currents. Operation of these units is not complicated, and reasonable intelligence will assure their safety. I think when understood and properly used, the response of three clinical conditions will bring justifiable happiness to any practitioner adopting short wave. They are functional in low back distress (especially if alternated with galvanism or ultrasound) subacute and chronic bronchial inflamma-

tory disease, and peripheral vascular disturbances. Enhancement to coronary flow need not be left out of this category. It has been clinically demonstrated time and again.

As mentioned in a previous article, they need not be used as specifics, but as adjuncts. I do not believe any existing vasodilator drug will anywhere near simulate the deep circulatory value of a properly applied shortwave therapy to the legs and feet but why not combine the two? Then if histamine iontophoresis is also tied into the regimen, a synergism is accomplished supreme to any single agent. It is logical to assume that the general practitioner is rapidly becoming the commanding captain of these synergistic combinations against disease.

In concluding short wave application, the clinician may expect a most practical step forward in an instrument, just now made available to him. A small portable model which he can transport between office and home or bedside. In the field trials over the past year, we have purposely given it an unmerciful pounding to test durability. It has stood the tests superbly and the performance is fascinatingly unique.

Hydrotherapy

Water, together with its related agents of steam, refrigeration, and mud, need no detailed coverage because they are probably the best understood and most used in general practice. Attention should be directed to the small combination Hydrocolator unit and the principles of its contents originating out of Chattanooga, Tennessee. There is little reason why it will not entirely replace the ancient and cumbersome compresses, and it can be used in conjunction with massage, manipulation and other agents. Whirlpool, both local and body, are sufficiently well known to require no further space.

Mechanotherapy by massage, manipulation, neck Sayre stretching, postural exercises and re-

habilitation are now so widely discussed and well understood that they need no further elaboration.

In recapitulation of the series, it may be stated that it is high time that clinical men in the field be apprised of the value of the basic physical agents in practice. My survey reveals a surprising lack of this basic information. Part of this lag has been due to inanition and lack of enthusiasm on the part of the physician himself. Part has been a lack of publications and lectures treating the subject with simplicity and this in turn can partly be ascribed to heretofore editorial philosophy. Editors have been bewitched with the idea that contributions along general lines were too superficial and non scientific for publication.

Meanwhile, the entire field of organized medicine has been screaming concern relative to the infringement of so-called irregular practitioners. If one half the verbal and written lines (always colored with vitriolic terms of "quackery") would have been spent in revealing that much of the success of this practice is cloaked in physical therapy, I believe the issue would have long since been placed on a different plane.

I cannot divorce my intellect from the idea that any healing art survives by alleviating sick people; and in my book, physical therapy stands in the upper bracket.

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John P. Persona, R.M.

Frank Penetza, Jr., R.M.

fessor", "M.D.", or "M.B." in connection with his or her name, or any other titles intending to imply or designate him or her as a practitioner of medicine or surgery in any of its branches and who, in connection with such title or titles, or without the use of such titles, or any of them, holds himself or herself out as being able to diagnose, treat, operate or prescribe for any human disease, pain, injury, deformity or physical condition, or who shall either offer or undertake by any means or methods to diagnose, treat, operate or prescribe for any human disease, pain, injury, deformity or physical condition; and it is further provided, that the provisions of this act shall apply to all persons professing and attempting to cure disease by means of the so-called system of "faithcureism", "mind-healing", "laying-on-of-hands", and other similar systems."

Therefore, anyone with or without the title who holds himself or herself out as being able to diagnose, treat, operate or prescribe for any human disease, pain, injury, deformity or physical condition, or who undertakes by any means or methods to diagnose, treat, operate or prescribe for any human disease, pain, injury, deformity or physical condition, is practicing medicine within the meaning of the medical practice act.

However, Section 45:9-21, of the same Title, Chapter and Article, in part provides:

"The prohibitory provisions in this Chapter shall not apply to the following: . . . A chiropodist, professional nurse, or a graduate physio-therapist, masseur, electro-therapist, or hydro-therapist, while operating in each particular case under the specific direction of a regularly licensed physician or surgeon. This exemption shall not apply to such assistants of persons who are licensed as osteopaths,

chiropractors, optometrists or other practitioners holding limited licenses; . . ."

You will note, therefore that a chiropodist, professional nurse, or a graduate physio-therapist, masseur, electro-therapist, or hydro-therapist may give certain treatments, provided, they are given under the specific direction of a regularly licensed physician and surgeon in each particular case. The same treatments given without the specific direction of a regularly licensed physician and surgeon, would be a violation of the medical act.

Very truly yours,
Patricia H. Corrigan,
M. D.

A BIT OF WISDOM

By Ferne Spence

Use the mind for a vessel, to put thoughts in action..
Let the heart be your guide, and the Soul to decide.
Put God in your thoughts, and love in your words.
Give freely of these gifts and There will be no regrets.
When to heaven you drift.

—O—

"EVER DAY LIVING"

Life is an ever living Magnet
Death is just a passing monument,
Smiles are signs of happiness
Frowns are lines of discontent
Love is God in action.
Hate is power in destruction.

Fern

OLSON SYSTEM Of Spinal Massage

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OLSON SYSTEM SCHOOL
3420 W. 10th St.
Indianapolis, Indiana



STEAM BATHS

Much has been said and written about various types of steam baths, the conventional steam bath, dry lamp cabinet baths and the hot air baths, also the finish steam baths, but it has never been analized just what it does do to the human body and what are the results.

The conventional type bath we put out whole steam thru a process of boiling out a quart of water to force perspiration of the human body, and as the body gets heated and perspires the mouths of the pores open up, and as ten percent of our breathing is thru the epithelium, the toxic, bacteria and fungus are naturally absorbed in breathing them back into the blood stream, and just what have we accomplished? The same thing is due to the conventional type heat lamp cabinet and the hot air cabinet.

Then we have finish baths which are so popular in some communities. Not long ago I was told by a friend of mine, where they operated this type of finish bath, and he told me that he was afraid of them, from what he heard was happening in these communities. The loss of life thru contagious disease, such as T.B. virus lung disease. Is it any wonder when you stop to think, that where several people enter these baths at one time and one could be affected with tuberculosis, lung cirrus, typhoid and consumption of various types. They do not only breath the germ thru the epithelium, but directly thru the lungs, if there ever was a place where we must practice prevention, hygiene and cleanliness, it is here.

I have for many years realized the importance of a practical steam bath. Several years ago I set forth to invent such a bath, something that would meet the approval of a scientific process of the elimination of waste and toxic from the human body and at the same time dispense all germs from

STEAM BATH

the cabinet, by a method of distraction and elimination from the cabinet making it hygienic and clean.

I have worked several years to perfect this bath. It is what I call a low pressure bath. This bath consumes from 20 to 30 gallons of water at 170 degrees F. The water enters the cabinet under a 70 lb. pressure thru an atomic nozel that separates the steam from the water. The steam is broken up in such a fine mist that it is ten times as fine as whole steam and therefore ten times as effective as whole steam and it cannot be measured with the naked eye. This texture of steam is soft and soothing to the body and as all atoms of the body filth and waste and elimination is heavier then the pure steam atom, the toxic, bacteria and fungus are carried to the receiving pan in which they are destroyed in 140 degrees F. and from thereon are siphoned down the drain.

It is without a doubt the only and most scientific and efficient method of elimination of toxic and waste from the body and thereby relieving the inner organs of congestion, and bring on restored metabolism soothing to the nervous system and at the same time stimulating circulation and lay hold on a new grip of life. This steam bath can be successfully given at body temperature, or it can be taken as high as 110 F.

The nature of the low pressure steam mist as experienced in the use of hydrotherapy, we claim that, the physiological effect of moist heat of this nature has ability to act as a powerful excitant measure, stimulating tissue activity increasing metabolism or tissue change, quickening the circulation and general nutritive processes and encouraging absorption and repair. It further releases the tense nerves and muscles, it hastens convalescent periods and stimulates and restores the organs of internal secretion.

A good eliminating steam bath can be given with perfect safety at body heat temperature. This steam bath can be given without fear of heart condition. If we masseurs are ever going to get anywhere in our profession, we are going to have to adopt a better method of steam bathing. We must turn to something more efficient and scientific that will meet the requirements in hygiene and prove its efficiency. It has been said so much of us, that we boil 'em out and rub 'em down, and that is it, and every one gets the same treatment. Now of all the treatments I have given, I cannot say that I have treated any two alike, but according to the existing condition.

I do not expect to have this steam bath in production this coming year and would like to see this patent remain in the hands of our masseurs if possible, but it may be such a thing that it will have to go to some promoter that can handle the product.

John Taves,
Casselton, N. D.

**An Advertisement in
The New York Times—Reprinted
from the Readers Digest.**

HERE IT IS 1957 AND

WE'RE STILL IN DEBT!

We'll be in debt the rest of our lives, and let's hope we leave our children in debt (to us), too. No, I'm not talking about bank notes or Treasury Bonds, or even the bills we hope to pay by the tenth of the month. The truly big debts we owe can't ever be paid off . . . we just have to try to keep up the interest payments!

If we had to list our "accounts payable," it would be almost an endless task. An "IOU" to Job for his lesson in patience. A terrific bill from Michelangelo. Heavy obligations to Chopin and Bach. How could we settle with Abe Lincoln for his integrity or Will Rogers for his human warmth? The daily sacrifice of the nuns, and the

nurses and doctors deserves a payment in selflessness that few of us can meet. Smiles and cheery hello's we get on the street every day are enough to keep our bank account completely overdrawn.

No, we couldn't possibly pay back what we owe people. The old creators. The new creators. The Statesmen. The Prophets. Our mothers and fathers. The folks who share our joys and our burdens; our friends. Our wives and husbands. And, besides people, we are indebted to our dogs and cats and horses for their love and companionship.

Thank God we owe these things. And may He guide us in our attempt to make speedy payment with our generosity, our k'ndness, our helpfulness and our love for each other.

Sam Sullivan

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FOR SALE: Bath House in Sunny California. Town of 100,000. Separate departments for men and women, downtown location, cheap rent, established 11 yrs. Rear parking, grossing about 20,000 dollars yearly. Owner has other business. Equipment consists of nice lobby, neon sign, full body whirlpool, and tub bath, 2 showers, 2 shampoo boards, 2 rock steam rooms, supply room, colonic dierker method, 2 Sinusoidal modalities, vibrator belt, vita ray machine, 2 Maclevy elevated rollers, 1 Maclevy floor roller, slant board, Maclevy leg roller, and Maclevy roller massager, pedasine, desk, chair, rugs and overstuffed tables, curtains and venetian blinds. This place will stand rigid examination. Man and wife or two women could pay for this in a little over a year and live. Price \$8000.00 with attractive terms to responsible party.

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EDITORIAL

By MILTON A. NIEDFELT

I notice on page 7 of the March-April issue of the MASSEUR following an article "Illegal medical practice thrives here" a little Editor's note; I would like to make a following comment.

Quote Limprect "Neither has a license to practice medicine in Nebraska" and it seems that by his own story that neither the Reflexologist, nor the Naturapath was practicing Medicine. I am a little inclined to think that we allow the use of the word "Medicine" to escape our prejudice, certainly if these critics continue Medicine will include all the food we eat, and all the care our parents give our children, and all our cleanliness, and even the job that the washer woman does, in addition to Childbirth, and a lot of other things . . . I would like to put a "CRIMP" in this extensive meaning of the word medicine

right NOW!—If it keeps on a person won't be able to wash their hands and face unless they get a prescription from some Doctor.—I don't like it.

We have a condition in Maryland in which our member tells me that they practice Massage—But first the Medical man gives her a hand full of prescriptions, Second when a person wants a Massage she fills in his or her name, and sends it to the License board or keeps it on file, and of course she didn't say what she paid the Physician for the hand full of prescriptions (properly signed of course).

It seems that he is the person that would let an injured man lay in the road until a STATE LICENSED DOCTOR got here after it was too late rather than pick him up and protect what was left of the wreck. Yet we take disabled autos to the "Fixit-Shop" but our poor broken bodies they don't get so good a treatment.

I think that a proper rebuttal to the Omaha paper will put this man on the pan . . . Most people are not so heartless. Especially when they understand that we Massage Technicians are working with most physicians and we are getting along fine.

There isn't intended any criticism in this article of the Medical Doctor, what I am criticising is the "Worship" that is given him by such nit-wits as Limprect.

STEAM BATH

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Health enough to make work a pleasure.

Wealth enough to support your needs.

Strength enough to battle with difficulties and overcome them.

Grace enough to confess your sins and forsake them.

Patience enough to toil until some good is accomplished.

Charity enough to see some good in your neighbor.

Faith enough to make real the things of God, and

Hope enough to remove all fears concerning the future.

HIGH CALORIE REDUCING DIET

MONDAY—

Breakfast—Weak tea.
Lunch—1 Eggion cube in $\frac{1}{2}$ cup diluted water.
Dinner—I Pidgeon thigh,
3 oz. prune juice,
(gargle only)

TUESDAY—

Breakfast—Scraped crumbs of burnt toast
Lunch—1 Doughnut hole (without sugar)
Dinner—2 Jellyfish skins—
1 glass dehydrated water.

WEDNESDAY—

Breakfast—Two stuffed beans
Lunch— $\frac{1}{2}$ dozen poppy seeds
Dinner—Bee's knees and mosquito knuckles saute in vinegar.

THURSDAY—

Breakfast—2 lobster antennae
Lunch—1 Guppy fin
Dinner—Jellyfish vertabvae ala mode

FRIDAY—

Breakfast—Shredded egg shell skins
Lunch—1 Belly button from navel orange
Dinner—3 eyes from an irish potato (diced)

SATURDAY—

Breakfast—4 chopped banana seeds.
Lunch—Boiled butterfly liver
Dinner—Fillet of soft shell crab claw.

SUNDAY—

Breakfast—Pickled hummingbird tongue.
Lunch—Prime ribs of tadpole, aroma of empty custard pie plate.
Dinner—Tossed paprika and clover leaf salad.

* *

NOTE—All meals are to be eaten under a microscope to avoid extra portions.

FOR RENT: Massage Establishment with living quarters, for lady established 9 years at Norfolk, Neb., population 12,000, only such establishment within radius of 175 miles, very fine clientele, good proposition for energetic lady. Retiring, reason for renting the establishment. Gladys Weiler, Member A.A.M. M. President Nebraska Chapter.

NOTICE ALL MEMBERS

If for any reason you fail to receive your copies of the Masseur, notify your local chapter secretary. All magazines are mailed to the chapter secretary. None are held by the editor.

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